

**We Claim:**

1. A dietary supplement comprising cobeadlets, approximately 0.03% to 0.3% copper,  
approximately 0.2% to 4% zinc, and Vitamin C, wherein the cobeadlets comprise  
5 Vitamin E, and active carotenoid in the form of Vitamin A, lutein and/or  
zeaxanthin, wherein the concentration of Vitamin C in the dietary supplement is  
approximately 10% to 30% by weight, the concentration of Vitamin E in the  
dietary supplement is approximately 0.5% to 25% Vitamin E, and approximately  
10% to 30% by weight of active carotenoid in the form of Vitamin A, lutein and/or  
10 zeaxanthin.
2. The dietary supplement of claim 1, wherein the Vitamin A is in the form of  $\beta$ -  
carotene.
3. The dietary supplement of claim 1, wherein dietary supplement comprises about  
1.0% to 25% by weight cobeadlets.
- 15 4. The dietary supplement of claim 1, comprising:  
about 0.75 mg  $\beta$ -carotene;  
about 125 mg Vitamin C;  
about 100 mg Vitamin E;  
about 0.4 mg copper;  
20 about 20 mg zinc;  
about 2 mg lutein; and  
about 1 mg zeaxanthin.